If The Phone Don't Ring



拍數: 56 牆數: 2 級數: Improver

編舞者: Ginny Graham (USA)

音樂: If The Phone Don't Ring - Kate & Grant Hart



RIGHT KICK, BALL, CHANGE TWO TIMES & STEP IN PLACE ON RIGHT FOOT

1&2 Kick right foot forward, step on ball of right foot, step weight on left

3&4 Repeat 1&2

5 Step in place on right

LEFT KICK, BALL, CHANGE ONCE & STEP IN PLACE ON LEFT

6&7 Kick left foot forward, step on ball of left foot, step weight on right

8 Step in place on left

SHUFFLE TWO FORWARD

9&10 Step right, left, right 11&12 Step left, right, left

BASKETBALL TURN FULL FOUR COUNT

13&14 Lunge forward on right foot, pivot ½ on ball of right foot, step weight on left

15&16 Repeat 13&14

LIMP FOUR TIMES RIGHT

17&18& Moving to the right step right, step left foot crossing behind right foot, step right foot to right

side, step left foot crossing behind right foot

19&20& Repeat 17&18& 21&22& Repeat 17&18&

23&24& Repeat 17&18&, ending with a heel brush left on the last & count

LIMP FOUR TIME LEFT

25-32 Repeat 17-24 opposite footwork

STEP, CLAP, FORWARD FOUR TIMES

33-36 Step forward on right foot, clap (while brushing heel forward as you clap), step forward on left

foot, clap (while brushing heel forward as you clap)

37-40 Repeat 33-36

RUN BACK FOUR

41-44 Run back 4 steps right, left, right, left (ending feet in place and weight even on both feet)

HEEL SPLITS, TOE SPLITS

With feet close together, spread heels, together, spread toes, together

1/2 PUSH TURN

49&50 Step slightly left stomping right foot for push action, raise left heel, turn on ball of left foot

51-56 Repeat 49&50 three more times until facing back wall

REPEAT